

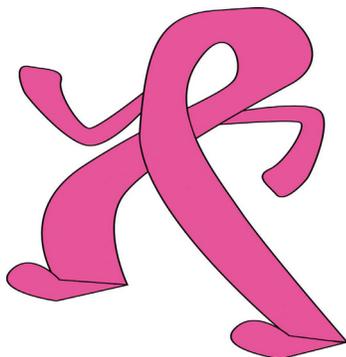
ACTIVITY GUIDE



Para la guía de actividades en Español, vaya a
www.harrisonburgva.gov/activities

HARRISONBURG
parks and recreation

AUGUST-NOVEMBER 2016



14TH ANNUAL RACE TO BEAT BREAST CANCER 5K RUN/WALK

Come out and show your support for local breast cancer treatment and services. All proceeds will benefit the RMH Foundation for Breast Care and Treatment at the Sentara RMH Medical Center. T-shirts will be provided for the first 500 pre-registered by Oct 7. Register online at runsignup.com; search Race to Beat Breast Cancer. Contact Erik.

\$20 reg. fee prior to Oct 14/\$25 reg. fee Oct 15-22.

CFG CAC/Westover Park

Sat

Oct 22

Intro at 9am /Race begins at 9:30am



Dog Days Dog Swim
Westover Pool
Sunday, August 28
Noon-1:30pm or 1:30-3pm

Preregistration required
540-433-9168

\$2/per dog

This event is for non-aggressive dogs. Owners must present paper proof of current rabies vaccinations (not tags). Dogs must be on leash when not in pool.



**Westover Holiday
Craft Show**

Saturday, October 29, 2016

9am-3pm

Cecil F. Gilkerson

Community Activities Center

305 South Dogwood Drive

Start your holiday shopping season
early for fall and winter crafts and gifts!

For more information, call 540-433-9168
or email matthew.little@harrisonburgva.gov



2016 Harrisonburg Holiday Parade
Friday, December 2 at 7pm
Downtown Harrisonburg
"Lights on Parade"

Entry Deadline: November 4, 2016
More information available at
www.harrisonburgva.gov/holiday-parade

Our Mission....

It is the mission of the Harrisonburg Parks and Recreation Department to enhance the quality of life and meet the needs of every citizen by providing comprehensive leisure service opportunities. The department's mission is also to develop and maintain a safe system of open space and public facilities for the use and enjoyment by the public.

Luanne Santangelo, **Director**
David Wigginton, **Assistant Director**



**Harrisonburg Parks & Recreation
Commission Members**

- Ms. Deanna Reed
- Ms. D.D. Dawson
- Mr. Joseph Riley
- Mr. Chris Pipkins
- Mr. John Marr
- Ms. Ritchie Vaughan
- Mr. Brent Holsinger (City School Board Rep.)
- Mr. Abe Shearer (City Council Rep.)

Please visit our website at
www.harrisonburgva.gov/parks-recreation
For questions and concerns please email us at
parksandrecreation@harrisonburgva.gov

PROGRAM REGISTRATION

ONLINE: WWW.HARRISONBURGVA.GOV/PARKS-RECREATION

WALK-IN

CECIL F. GILKERSON
COMMUNITY ACTIVITIES CENTER
 305 South Dogwood Drive
 (540) 433-9168

LUCY F. SIMMS
CONTINUING EDUCATION CENTER
 620 Simms Avenue
 (540)437-9213

WESTOVER SWIMMING POOL
 305 South Dogwood Drive
 (540)434-0571

PHONE-IN

Please have class number and credit card information ready!

MONDAY-FRIDAY
8:00-5:00PM
(540)433-9168

MAIL IN - www.harrisonburgva.gov/program-registration

Send form & payment to:
305 South Dogwood Drive
Harrisonburg VA, 22801

PAYMENT METHODS

Cash, Check, or Credit Card (VISA/MASTERCARD)
 Checks made payable to Harrisonburg Parks and Recreation.
 All returned checks are subject to a mandatory \$35 fee per city code 4-1-37.

REFUND POLICY

- All refunds are handled in our administrative office from 8am-5pm, Monday-Friday.
- If a program is cancelled by Harrisonburg Parks & Recreation, a refund for the full amount will be issued.
- Individual cancelations prior to the start of a class will receive a full refund less a \$10 administrative fee for each class withdrawn.
- No refunds/credits will be issued on or after the first day of class.
- No refunds will be issued for less than \$10.
- Customer will receive a refund unless there is an existing household balance. In such a case, this refund will be directly applied as a credit to that balance.
- The complete refund policy can be found online: www.harrisonburgva.gov/program-registration

REFUND OPTIONS

Household Credit – Check – Credit Card
NO CASH REFUNDS.

DISCLAIMER

This schedule of classes is published for information purposes only. We strive to produce the most accurate program guide possible. However, some program information may have changed after this has gone to print. We will make every effort to notify participants of the changes.

WHEN DOES REGISTRATION BEGIN?

Registration for Harrisonburg residents begins on **Monday, August 1, 2016 at 8am.**
 Registration for Non-Residents begins on **Tuesday, August 2, 2016 at 8am.**

CLASS MINIMUMS

If classes do not meet minimums they will be cancelled. Registered participants will be notified at least 3 business days before class is to begin.

Did you know? City residents can register 1 week early if done online - July 25, 2016. Call 540-433-9168 for more information.

Class Registration Form

Adult Name (Last)		(First)	(M.I.)
Address		City	Zip
Day Phone	Evening Phone	Emergency Contact Name / Phone #	
Email Address	Are you a City Resident?	Date of Birth	

Activity Title	Activity #	Fee	Participant Name First Last	Date of Birth	M/F

\$ Total

Checks payable to **Harrisonburg Parks and Recreation**
 OR fill in credit card information: (VISA/MASTERCARD)

Card # _____
 Exp. Date _____
 Signature _____

Open swim and lap swim hours available 7 days a week. Check website for details.

DAILY ADMISSION FEE

Infant (<18 months)	Free
Children (under age 18)	City Res \$2 / Non Res \$3
Adult	City Res \$3 / Non Res \$5

Residents living inside city limits will need to show proof of residency at time of entry.

DISCOVER SCUBA AT WESTOVER

Instructor: Scuba Buddies

Dive in to a new adventure with an introduction class to SCUBA skills. All classes are taught by certified SCUBA instructors and all SCUBA materials are provided. This class is approximately 1 ½ hours long. The instructor will cover safety, basic entries into the water, and general SCUBA skills. Space in this class is limited, please be sure to register in advance. Be prepared to enter the water during this session.

For all dates and times inquire with Scuba Buddies (540)-433-3337
City Res \$25/ Non-Res \$30 / Ages 12+

MASTERS SWIMMING

Swim team practice for adult 18+. Join to improve your swimming, learn new techniques, get in shape, or take your current workouts to the next level. Participants can come to as many practices as they choose per month. All are invited to participate in this new program. Practice will be held on Tues, Wed, and Thur. Monthly or seasonal membership to Masters Swimming is required, no additional pool membership necessary.

Monthly: City Res \$30/ Non-Res \$40 / Ages 18+
Winter Season: Sep 15-May 5 2017 City Res \$180 / Non-Res \$240

321107A Monthly 7-9am
321107B Winter Season 7-9am

DAYTIME KID'S SWIM CLINIC

Instructor: AJ Morris

Geared for children with daytime availability this program is offered to improve swimming abilities for children aged 6-15 without the structure of a class. Instruction is done by a lifeguard in small groups using games, water toys, and workout programs. Sessions held on Mondays from 11am-1pm weekly until Spring 2017 and no pre-registration is required. For more information contact pool office.

City Res \$4/ Non-Res \$6

POOL SWIM PASSES

WINTER SWIM PASSES:

Sep 12, 2016-May 5, 2017

ANNUAL SWIM PASSES:

Valid for one year after purchase date

INDIVIDUAL PASS:

City Res \$70 / Non-Res \$90

INDIVIDUAL PASS:

City Res \$85 / Non-Res \$105

FAMILY PASS:

City Res \$160 / Non-Res \$200

FAMILY PASS:

City Res \$190 / Non-Res \$240

CLIMBING WALL

Open Saturdays and Sundays during winter season starting on September 12.



PLANNING AN EVENT?

Are you interested in hosting a group event or party at Westover Pool, check our website for details about group rates and events. Special arrangements can be made for birthday parties, private pool parties, school, and other events.

CHILDREN'S SWIMMING LESSONS

How to register for swim lessons at Westover Pool:

- All students must be swim tested before registration to assure placement in appropriate level (Exception: students who participate in Summer 2016 swimming lessons.)
- No appointment is needed to complete the registration and placement test.
- Official registration and testing for swim classes will begin at the pool office starting September 12, 2016 8am for City Residents and September 13, 2016 8am for non residents.

SWIM LESSON FEES

Preschool: City Res \$20/ Non-Res \$24
Levels 1-5: City Res \$25/ Non-Res \$30

TADPOLES – PRESCHOOL 1

The goal of Tadpoles is to teach fun in the water. This class is geared for children with little to no “in water” experience. Tadpoles will learn to enter the water safely and become familiar with elementary aquatic skills. Ages 3-5

311100A1 Sat Sep 24-Dec 3 9-9:30am

GUPPIES – PRESCHOOL 2

The goal of Guppies is to build on skills learned in Tadpoles. Children take part in guided practice sessions to learn water skills including water entries, front kicking, back floating, underwater exploration and more. Ages 3-5

311100B1 Sat Sep 24-Dec 3 9:30-10am

GOLDFISH – LEVEL 1

The goals of Goldfish are to help students feel comfortable in the water, to enjoy the water safely, and to begin introducing basic aquatic skills. Goldfish will work to master the following skills; floating, walking in chest deep water, and swimming on front. Ages 6+

311101A1 Mon/Wed Sep 26-Oct 26 4-4:50pm

311101B2 Sat Sep 24-Dec 3 10-10:50am

For questions feel free to call us at (540) 434-0571.

Preschool lessons are taught to children ages 3-5. All children 6 years or older will be placed in Levels 1-4.

TIGERFISH – LEVEL 2

The goal of Tigerfish is to combine basic swimming skills to form defined strokes. Students will focus on developing the ability to properly swim the Front Crawl and Back Crawl for a minimum of 25 yards.

Ages 6+

311102A1 Mon & Wed Sep 26-Oct 26 5-5:50pm

311102B2 Sat Sep 24 - Dec 3 10-10:50am

DOLPHIN – LEVEL 3

The goals of Dolphins are to fully develop the Breaststroke, Sidestroke, Elementary Backstroke, continue to increase the student's swimming endurance, and to begin learning to dive safely. Ages 6+

311103A1 Tue/Thu Sep 27-Oct 27 4-4:50pm

311103B2 Sat Sep 24-Dec 3 11-11:50am

SWORDFISH – LEVEL 4

The goals of Swordfish are to develop confidence in the strokes learned thus far, including Front Crawl, Back Crawl, Breaststroke, Sidestroke, and the Elementary Backstroke. Students will further develop the Butterfly, learn to dive, and improve upon other aquatic skills. Ages 6+

311104A1 Tue/Thu Sep 27-Oct 27 5-5:50pm

311104B1 Sat Sep 24-Dec 3 11-11:50am

PARENT AND CHILD SWIMMING

Parent and child swimming lessons are open to children 6 months to 3 years old with a parent. These lessons will introduce children to swimming in a fun environment with their parents in the water with them. There will be singing, lots of games, and plenty of water toys.

City Res \$40 / Non-Res \$50 / Ages 6 month-3 years

331105A1 Mon Sep 26-Oct 24 6-6:50pm



2015 Dog Swim - See page 2 for this year's event information

ENRICHMENT

ADULT COLORING NIGHT

Location: Simms Classroom 101

Research suggest that coloring is one of the best ways for adults to reduce stress and relax! So grab your markers and join us for this FREE drop in event! You bring the coloring utensil of your choice (some coloring utensils will be provided); we'll provide the coloring pages!

Free Thu Sep 8/Oct 13/Nov 10 6:30-8pm

DOG BEHAVIOR

Instructor: Jessica Troop w/ The Balanced Dog, LLC

Location: Simms Auditorium

Does your dog jump all over you and your guest? Does she lunge at the end of the leash when she sees other dogs? Does he pull you down the road and all over the neighborhood? Is she scared of everything? Does he want to fight with other dogs? Does she nip at you? Is he generally a pretty good dog but you want to teach him some extra manners? This is the class for you (and your dog of course)! Yes, we will learn basic obedience commands (sit, down, stay, and come) but this is just a small portion of the class. We will discuss and demonstrate how to have a fun, balanced, happy, and peaceful life with your dog. Folks who take this class are consistently surprised and pleased at the outcomes, in just 4 weeks. Even though it is a group class, there will be time to discuss and work on individual issues and questions. PLEASE no retractable leashes. If your dog has ever severely bitten a person or another dog, please contact Jessica at troopiessica@yahoo.com before registering for the class. **NO CLASS September 5.**

\$86 per dog/handler

330977A1 Mon Aug 22-Sept 19 6-7pm

TDI PREPERATION CLASS

Instructor: Jessica Troop w/ The Balanced Dog, LLC

Location: Simms Auditorium

Have you thought about training your dog to be a therapy dog? TDI Preparation Class is a 6 week course that is designed to get you ready to take the therapy dog certification test, which is offered at the end of class. Dogs that do well as therapy dogs are eager to meet strangers, and not nervous/anxious or aggressive by nature. Therapy dogs can go into hospitals, schools, libraries, nursing homes, hospice, etc., their purpose being to give emotional support to those in need. Our local colleges have even been seeking local certified dogs to visit the students in the library during finals weeks! Please note: this class is not suitable for dogs that are aggressive to humans or other dogs. Anyone under the age of 15 would require a parent to stay during the class. Children ARE permitted to become certified with their dogs. The test will be held on Saturday Nov. 12, 2016.

\$115 per dog/handler

330978A1 Mon Oct 3-Nov 7 6-7pm

TEA BLENDS FROM YOUR GARDEN

Instructor: Inger Brown w/Pure & Simple Farm

Location: Simms Conference Room

Come to an herbal tea tasting! While we sip on a tea blend made especially for class, we'll discuss the easiest herbs to grow in the garden and using them to make tea blends that are tasty and good for our health. We'll cover darlings of the garden and some of the more intrepid volunteers often considered weeds. Children must be accompanied by an adult.

City Res \$17 / Non Res \$20 / Ages All Ages

330991A1 Wed Aug 10 6-7:30pm

PLANT MEDITATIONS AND HERBAL MEDICINE

Instructor: Inger Brown w/ Pure & Simple Farm

Location: Simms Classroom 101, Conference Room, Classroom 207

Much of what we would like to know about a plant as an herbal medicine can be learned by a simple tea tasting. In this series of classes we'll explore how to more fully engage with and understand a plant's personality and properties. We'll start with a simple breathing exercise and move into tasting a tea or tincture from a single plant to explore its characteristics such as warming or cooling and moistening or drying and how they might interact with our own unique characteristics. A different herb will be featured each class, sign up for individual evenings or for the series. This is a useful on-going practice for anyone wanting to incorporate herbal medicine into their lives. Children must be accompanied by an adult.

City Res \$9 / Non Res \$11 / All ages

330759A1 Wed Aug 24 6-7pm

330759A2 Wed Sep 21 6-7pm

330759A3 Wed Oct 19 6-7pm

330759A4 Wed Nov 16 6-7pm

City Res \$32/Non Res \$38

330759A5 Take all four classes at a reduced rate.

CALM: HERBAL AND NATURAL WAYS TO REDUCE STRESS AND ANXIETY

Instructor: Inger Brown w/ Pure & Simple Farm

Location: Simms Conference room

In this presentation we'll discuss ways to address stress and anxiety to get better sleep and have more energy, including ideas for implementing these methods when it seems impossible. Children must be accompanied by an adult.

City Res \$17 / Non Res \$20 / All ages

330718A1 Wed Sep 7 6-7:30pm

SIMPLE HERBAL FIRST AID

Instructor: Inger Brown w/Pure & Simple Farm

Location: Simms Conference room

In this 1.5 hour presentation we will discuss some herbal preparations to help you deal with life's little mishaps such as cuts, scrape, burns, poison ivy and other issues. Included will be recipes for making helpful herbal preparations and a resource list of places to find herbs or preparations already made. All ages are welcome; children must be accompanied by an adult.

City Res \$17 / Non Res \$20 / All ages

330714A1 Wed Oct 5 6-7:30pm

EMBER & SMOKE: PLANT DEVOTIONS IN INCENSE

Instructor: Inger Brown w/ Pure & Simple Farm

Location: Simms Conference room

Often, incense is made from exotic and expensive materials. In this two hour class you'll learn how to use local materials to craft loose and block incense intended to be burned on charcoal rounds or incense heater. Some portions of the evening will be hands-on and you'll leave class with a sample of incense, a charcoal round, and handout providing instructions for sourcing materials and making your own incense. All ages are welcome; children must be accompanied by an adult.

City Res \$23 / Non Res \$28 / All ages

330960A1 Wed Nov 2 6-8pm

ENRICHMENT

SACRED SWEETNESS: HONEY AS MEDICINE

Instructor: Inger Brown w/Pure & Simple

Location: Simms Conference Room

Let's gather to celebrate this most fascinating substance while we make an herbal honey paste and taste a few herbal honeys! We'll dwell in the sacred and the practical as we discuss the energetic of honey, honey and beeswax in history and myth, and symbolism of the bee. We'll discuss making and preserving herbal infused honeys, honey pastes, syrups, and wound dressings. We'll also have time to discuss topics of interest to the group such as sourcing honey, what questions to ask your source, how to support pollinator health, and/or temperature and enzymes. All ages are welcome; children must be accompanied by an adult.

City Res \$20 / Non Res \$24 / All ages

330716A1 Wed Nov 30 6-7:30pm

SELF ACUPRESSURE

Instructor: Whitney Erwin – Location: Simms Center Music Room

An introduction to the profound, gentle healing touch therapy of Acupressure. This class will give you tools to locate acupoints to relieve concerns such as headaches, immunity boosting, arthritis, and more.

City Res \$12 / Non Res \$15 / Ages 14+

330719A1 Sat Sep 17 2-3:30pm

LEARN ENGLISH OR SPANISH

Instructor: Cory Jeffries – Location: Simms Computer Lab

We will be using the Rosetta Stone software at the Simms Center computer lab. Limited space available. Users must provide own microphone/headset during class. Course is free and will be held at the Simms Center. Contact Cory for more details to register. Ages 18+.

GENEALOGY FOR BEGINNERS

Instructor: Debra Fischer – Location: Simms Center Room

You have seen the commercials with those shaking leaves. Why not learn how to do find your ancestors yourself and build your own family tree. This 3 week course takes you through some of the beginner steps of building a pedigree chart, family group sheets and timelines. Start with the roots and watch your tree grow with this course.

City Res \$46 / Non Res \$55 / Ages 18+

320950A1 Wed Oct 5-19 5:30 – 6:30pm

GENEALOGY SURFING THE NET @ 3AM

Instructor: Debra Fischer – Location: Simms Center Computer Lab

Learn some of the ins and outs of searching for your ancestors on the internet. What sites might be free and what sites need your credit card. Can I find my ancestors who were living in the old country without having to book a flight there? You will work at a computer station during this two hour workshop. Learn the art of saving and printing the documents that you find. Bring along a USB flash drive.

City Res \$35 / Non Res \$42 / Ages 18+

320951A1 Wed Oct 12 6:30-8:30pm

CENSUS: GENEALOGICAL INFORMATION 101

Instructor: Debra Fischer – Location: Simms Center Computer Lab

Walk through the process of census documents. Why are they usually the first areas to search? Why should I look at more than one census record? Learn how to find, for free, federal and some state census records. Is there really sense in census records? Bring along Family Group Sheets. Bring along a flash stick and learn how to save the documents that you find.

City Res \$35 / Non Res \$42 / Ages 18+

320953A1 Wed Oct 19 6:30-8:30pm

YOUTH

KID'S POTTERY FREE CHOICE

Instructor: Heather Hansohn – Location: CFG/CAC

A fun introduction to pottery for young kids of any experience level. Children will be introduced to and have fun discovering and exploring different techniques of manipulating and decorating clay. Focusing on hand building, children use what we discover together to create four finished and glazed projects. ALL FOUR PROJECTS WILL BE FREE CHOICE and children will be free to create whatever their imaginations desire! NO CLASS EACH 5TH WEEK (OCT 5, NOV 22)for drying and firing projects. All projects will be glazed on week 6. Pick-up all finished work on week 7.

City Res \$36 / Non Res \$42 / Ages 5-10

310919A1 Tue Sep 6-Oct 18 4:30-5:15pm

310919A2 Tue Oct 25-Dec 6 4:30-5:15pm

POTTERY FOR TEENS

Instructor: Heather Hansohn – Location: CFG/CAC

An introduction to working at the Potter's wheel! Some experience with clay is helpful but not necessary! We will start with the basic skills of manipulating and centering clay at the Potter's wheel and work our way toward throwing basic cylindrical forms. Ultimately our goal will be throwing, and then altering thrown forms as skills develop and skill levels allow! NO CLASS EACH 5TH WEEK (OCT 5, NOV 22)for drying and firing projects. All projects will be glazed on week 6. Pick-up all finished work on week 7.

City Res \$41 / Non Res \$47 / Ages 12-15

310922A1 Tue Sep 6-Oct 18 5:30-6:30pm

310922A2 Tue Oct 25-Dec 6 5:30-6:30pm

WILD COLORFUL SCULPY CLAY

Instructor: Heather Hansohn – Location: CFG/CAC

Creatures, beads, treasures oh my! You can make it, wear it, treasure it or share it. What can YOU create with wild colorful SCULPY clay! We will experiment and create fun wild colorful creations with this fun oven baked clay, beads and accessories.

City Res \$36 / Non Res \$42 / Ages 5-10

310923A1 Mon Sep 12-Oct 10 4:30-5:15pm

310923A2 Mon Oct 17-Nov 14 4:30-5:15pm

310923A3 Mon Nov 21-Dec 19 4:30-5:15pm

ZUMBA FOR KIDS

Instructor: Melissa Shank - Location: CFG/CAC

Fitness class designed exclusively for kids! Zumba for kids is a fun dance/fitness program uniquely designed to build a positive self-image through a healthy lifestyle. The songs and dance steps are age-appropriate for children and encourage enthusiastic participation.

City Res \$18 / Non-Res \$22 / Ages 5-12

311432C1 Thu Aug 11-Sep 8 4:30-5pm

311432C2 Thu Sep 15-Oct 13 4:30-5pm

311432C3 Thu Oct 20-Nov 17 4:30-5pm

YOUTH

F.L.I.P INTO SPANISH PLAYGROUP

Instructor: F.L.I.P. Academy Staff – Location: CFG/CAC

A structured, theme-based Spanish immersion playgroup that focuses on preliminary conversational Spanish and vocabulary-building through immersion in fun, engaging, parent-and-toddler designed activities, incorporating ASL (American Sign Language) and gestures, to provide the unique foundational experience for developing young multi-linguals! No former Spanish is required! (Accompanying siblings under 2 are FREE!)

City Res \$77 / Non Res \$85 / Ages 2-4

510240A1 Thu Sep 1-Oct 13 10-10:45am

F.L.I.P INTO SPANISH PLAYGROUP-HOLIDAY FUN!

Instructor: F.L.I.P. Academy Staff – Location: CFG/CAC

Features holiday-themed activities, while fully immersed in Spanish! Parents and children will engage in games, songs and crafts that relate to the Thanksgiving and Christmas holidays! Full Spanish immersion combined with ASL (American Sign Language) and gestures (for comprehension) provide the unique foundational experience for developing young multi-linguals! No former Spanish is required! (Accompanying siblings under 2 are FREE!) No class on November 24 – Thanksgiving Day!

City Res \$66 / Non Res \$73 / Ages 2-4

510240A2 Thu Nov 3-Dec 15 10-10:45am

MARTIAL ARTS FOR KIDS

Instructor: Grayson Pritchard – Location: CFG/CAC

Grayson Pritchard has been practicing in various martial arts for over 30 years and has been teaching classes to adults in Harrisonburg over the past seven years. This class will highlight some of the foundations of judo and jujitsu, covering basics for self defense. Participants should wear clothing in which one can move freely. No hard, plastic or metal fasteners, snaps, or zippers. Sweats, warm-ups, or traditional martial arts outfit are recommended.

City Res \$100 / Non Res \$105 / Ages 5-10

311410A1 Mon Aug 15-Nov 28 4-5pm

City Res \$100 / Non Res \$105 / Ages 11-16

311410A2 Wed Aug. 17-Nov. 30 4-5pm

YOUTH MOUNTAIN BIKE TEAM OPEN HOUSE RIDES

Instructors: Shen-Rock Coaching Team - Location: Hillendale Shelter 11

Join the Shenandoah-Rockingham Composite Mountain Bike team for their first rides of the season. The team is an interscholastic youth mountain bike team consisting of boys and girls from local public, private, and home schools. The team participates in friendly and competitive mountain bike events against other surrounding teams. These first two Open House rides on the Rocktown Trails at Hillendale Park are a great way to see if team is a good fit for those students interested in riding more. Bring a bicycle if you have one but we will also have a limited number of bicycles on hand. Food and drink provided. Pre-registration requested and available online with more information at www.shenrock.org. Grades 6-12.

Free Thu Aug 18-25 5:30-7:30pm

BICYCLE ADVENTURE CLASS

Instructor: Matt Hassman – Location: CFG/CAC

This class is designed to teach basic bicycle travel skills. The majority of riding will be on paved surfaces but will visit gravel and dirt roads as well, no mountain bike trails. Participants will practice safe road riding skills around town and in Rockingham County. In addition to road rules students will learn about map reading, route finding skills, and on ride repairs as well. Required equipment will be a helmet and a multispeed bike with 26” wheels or larger with a minimum tire width of 1” with the ability to carry at least one water bottle in good safe working order. We have the ability to provide a limited number of bicycles for participants to use, in limited sizes so please specify if a bike will be needed ahead of time as supplies are limited.

City Res \$12 / Non Res \$15 / Ages 11-14

310705A1 Thu Aug 4-18 10am-noon

Thu Aug 25 4-6pm

JIU-JITSU

Instructor: Michael Fletcher

Location: Traditional Mixed Martial Arts Dojo (171 Neff Ave)

Jiu-jitsu is joint manipulation and it is mostly done from the ground. This is a great anti-bullying class that is taught for kid's teens and adults for self confidence and self esteem. With Jiu-jitsu you will learn how to control someone that is attacking you. You will learn how to take someone to the ground and how to be taken to the ground. Most techniques will be taught from the ground, such as armbar, keylock, kimura and others. Michael Fletcher is the Sensei of the Harrisonburg Dojo and has trained with a true Japanese Sensei. He has been training in Martial Arts for 40 years. He is the only civilian certified by the DCJS (Department of Criminal Justice Services) to teach law enforcement in the state of Virginia. **No Class August 15, 20 & September 5.**

City Res \$75 / Non Res \$90 / Ages 7-12

321432A1 Mon/Wed Aug 15-Sep28 6-6:45pm

SHENANDOAH VALLEY UNITED SOCCER

www.shenvalleysoccer.com

540-383-6341

Registration open July 1st-August 26th

SVU handles the registration process

MINI KICKERS

U4-U5 Age groups

6 weeks - 1 Session per week @ Smithland Soccer Complex

*September 14th to October 19th - Wednesday 10AM

*September 17th to October 22nd - Saturday 10am; Saturday 9AM

SVU FUTURES

U5-U8 age Divisions

8 week program - 1 Weekday practice & 1 Saturday Game Day

**Program Dates: September 5th to November 5th

SVU RECREATION

U9-U18 Age Divisions

8 week program - 1 Weekday practice & 1 Saturday Game Day

**Program Dates: September 5th to November 5th

CITY RESIDENTS CAN REGISTER STARTING ON JULY 25 IF DONE ONLINE. CALL 540-433-9168 TO SETUP YOUR ACCOUNT.

FITNESS & WELLNESS

PERSONAL TRAINING PACKAGES

Instructors: CFG/CAC Certified Staff

Personal Training is now available upon request at the Cecil F. Gilkerson Community Activities Center. Please call 540-433-2474 or email Stephanie.walker@harrisonburgva.gov. for more information. Physician's approval may be required. Ages 16+

INTERVAL FITNESS

Instructor: Stephanie Walker - Location: CFG/CAC

Participants will learn how to exercise by using the "HIIT" method—High Intensity Interval Training. Classes will incorporate use of bodyweight exercises, kettlebells, medicine balls, and dumbbells. All fitness levels are welcome and beginners are encouraged.

CAC Members: \$15 / Non Members: \$45 / Ages 18+

321400A1 Mon/Wed/Fri Aug 8-Nov 18 6:15-7am

321400A2 Mon/Wed/Fri Aug 8-Nov 18 7:15-8am

WEIGHT ROOM CIRCUIT TRAINING

Instructor: Stephanie Walker - Location: CFG/CAC

By using an interval-style training method and our weight room equipment, you'll get an intense cardio and strength workout all in one! Classes will run during lunch time and will be short enough to get you back to work on time, yet intense enough to leave you with a great workout! All fitness levels welcome!

CAC Members \$15 / Non Members \$45 / Ages 18+

Activity # Tue/Thu Aug 9-Nov 17 12:10-12:50pm

ZUMBA

Instructor: Margaret "Muff" Perry - Location: CFG/CAC

Participants will engage in an exhilarating, effective, and easy to follow dance fitness class that can burn up to 1,000 calories all while having fun. Zumba routines incorporate interval training – alternating fast and slow rhythms – and resistance training. No rhythm needed – all fitness levels welcome!

City Res \$19 / Non-Res \$24 / Ages 18+

321402A1 Mon Aug 8-Aug 29 6:45-7:45pm

BASIC YOGA

Instructor: Sue George - Location: Shenandoah Yoga(135 S. Main St)

Explore basic yoga poses common across various yoga traditions as you improve your strength and flexibility and learn to let go of stress. Emphasis will be on proper alignment in postures, inner awareness and mindful breathing, and each class will end with deep relaxation. All levels, including beginners, are welcome to discover the benefits of yoga: vigor and vitality, balance, peace, a sense of well-being, and joy. Yoga mat and props are provided during class or bring your own.

City Res \$70 / Non-Res \$75 / Ages 18+

321405A1 Mon Sep 12-Oct 17 5:30-7pm

321405A2 Tue Sep 6-Oct 18 9-10:15am

GENTLE YOGA

Instructor: Sue George - Location: Shenandoah Yoga(135 S. Main St)

Mid-morning gentle yoga class. Ideal for retired seniors or anyone looking for a mellow day-time class.

City Res \$70 / Non-Res \$75 / Ages 18+

321407A1 Wed Sep 7-Oct 19 10:30-11:30am

VINYASA YOGA

Instructor: Sue George - Location: Shenandoah Yoga(135 S. Main St)
Movement between and within yoga poses is synchronized with the breath. Practice a variety of poses and move into and out of them in a mindful way, creating a moving meditation that ends with a delicious period of relaxation. All levels are welcome for this mixed level 1.5-hour class—instructor will emphasize proper alignment and offer modifications to accommodate students of various skill levels. Yoga mat and props are provided during class or bring your own.

City Res \$70 / Non-Res \$75 / Ages 18+

321408A1 Tue Sep 6-Oct 11 6-7:30pm

321408A2 Wed Sep 7-Oct 19 9-10:15am

321408A3 Thu Sep 8-Oct 13 4:30-5:45pm

321408A4 Sat Sep 17-Oct 22 9:30-10:45am

PRENATAL YOGA

Instructor: Sue George - Location: Shenandoah Yoga(135 S. Main St)

Practice prenatal yoga to prepare your mind and body for labor and delivery. Specially chosen and modified yoga poses, breathing techniques and meditations will ease the symptoms of pregnancy plus speed recovery after childbirth. No yoga experience required—many women begin a yoga practice while pregnant. This class, taught by a Registered Prenatal Yoga Teacher, is recommended for women in their second and third trimesters, with physician or midwife approval.

City Res \$80 / Non-Res \$85 / Ages 18+

231406A1 Thu Sep 8-Oct 20 6-7:30pm

RESTORATIVE YOGA

Instructor: Sue George - Location: Shenandoah Yoga(135 S. Main St)

Very gentle, relaxing and restorative class. Take lots of time to chill out in each pose and de-stress. Each class is like its own staycation. Beginners are welcome.

City Res \$70 / Non-Res \$75 / Ages 18+

321412A1 Thu Sep 8-Oct 20 7:45-8:45pm

BEGINNER HOOP DANCE I

Instructor: Ashley Hunter - Location: Simms Auditorium

This hooping class combines fitness, fun and dance using handmade adult-sized hoops. In this 6 week class you'll learn how to do much more than just hula hoop! We will learn all kinds of techniques that will help you explore movement to music with a hoop. The class will cover waist hooping, hand hooping, off the body moves, transitions, isolations, and other free flow movement. Open to all levels, but brand new hoopers especially welcome! (Hoops for use during class will be provided)

City Res \$60 / Non Res \$72 / Ages 15+

331401A1 Mon Sep 19-Oct 24 7:15-8:30pm

BEGINNER HOOP DANCE II

Instructor: Ashley Hunter - Location: Simms Auditorium

This class will build on skills learned in Beginner Hoop I. We'll cover chest and shoulder hooping, knee hooping, elbow hooping, chest rolls, and much much more. This class is designed to take your hooping skills to the next level in a fun-loving environment! Beginner Hoop Dance I is a recommended prerequisite, but if you are a confident waist hooper, please feel free to sign up.

City Res \$60 / Non Res \$72 / Ages 15+

331401A2 Wed Aug 24-Sep 28 5:45-7pm

FITNESS & WELLNESS

HOOP DANCE PRACTICUM

Instructor: Ashley Hunter – Location: Simms Auditorium

A place to explore and grow your hoop practice. We'll incorporate new intermediate level material, but also have an open format to focus on what you really want to learn. The moves taught in this class (such as shoulder duck-outs, multiple hoop work, and foot hooping) will challenge you and expand your repertoire. Recommended prerequisites: Beginner Hoop Dance II or chest hooping.

City Res \$60 / Non Res \$72 / Ages 15+

331403A1 Wed Oct 12-Nov 16 5:45-7pm

JIU-JITSU

Instructor: Michael Fletcher

Location: Traditional Mixed Martial Arts Dojo (171 Neff Ave)

Jiu-jitsu is joint manipulation and it is mostly done from the ground. This is a great anti-bullying class that is taught for kid's teens and adults for self confidence and self esteem. With Jiu-jitsu you will learn how to control someone that is attacking you. You will learn how to take someone to the ground and how to be taken to the ground. Most techniques will be taught from the ground, such as armbar, keylock, kimura and others. Michael Fletcher is the Sensei of the Harrisonburg Dojo and has trained with a true Japanese Sensei. He has been training in Martial Arts for 40 years. He is the only civilian certified by the DCJS (Department of Criminal Justice Services) to teach law enforcement in the state of Virginia. **No Class August 15, 20 & September 5.**

City Res \$75 / Non Res \$90 / Ages 13+

321432A2 Mon/Wed Aug 15-Sep 28 7-8:30pm

TECHNOLOGY

ANDROID DEVICE WORKSHOP

Instructor: Eddie Helmick/Kim Torres - Location: Simms Classroom 101

Are you having trouble understanding how to use your smartphone? Do you want to learn what all of those options and applications actually do? Come join us for a 2-part Android device class and learn the ins and outs of your phone! The first course is a beginner course and will walk through basics such as sending e-mail, how to use applications, sending photos, and more! The second course is intermediate and will go through some more advance things such as using social media, backing up your photos, and more! All participants will receive a FREE stylus for their device. Registration required. Don't forget to bring your Android phone!

FREE / Ages 18+

320964A1 Wed Sept 7 & 21 6-7:30pm

320964A2 Wed Oct 5 & 19 6-7:30pm

320964A3 Wed Nov 2 & 16 6-7:30pm

IPHONE DEVICE WORKSHOP

Instructor: Eddie Helmick/Kim Torres - Location: Simms Classroom 101

Do you own an iPhone and still find yourself confused when trying to use it? Want to learn what all the wonderful features of the iPhone are? Take advantage of our 2-part class with one-on-one assistance that will help you become more efficient with your phone. The first class is for beginners and will include use of the app store, siri, battery saving tips and more! The second class is for intermediates and will include using FaceTime, social media, backing up your data and much more! All participants will receive a FREE stylus for their device. Registration required. Don't forget to bring your iPhone!

FREE / Ages 18+

320965A1 Wed Sep 14 & 28 6-7:30pm

320965A2 Wed Oct 12 & 26 6-7:30pm

320965A3 Wed Nov 9 & 23 6-7:30pm

BEYOND FACEBOOK: THE SERIES

Instructor: Chervon Moore – Location: Simms Computer Lab

This series will explore the interesting world of Social Media beyond Facebook, Instagram, Pinterest, Twitter and LinkedIn, OH MY! Whether you want to connect with family, friends, colleagues, employers, or customers there are many opportunities beyond Facebook. Social Media provides many outlets to connect with your network. This series will be fun, interactive, and will provide tools to expand your network. Call 540-437-9213 for topics that will be covered.

City Res \$29 / Non Res \$35 / Ages 18+

320960A1 Tue Aug 9-23 6-7pm

ARTS & CRAFTS

ADULT BEGINNER POTTERY

Instructor: Phill Ungar – Location: CFG/CAC

Learn the basics of beginning pottery.

City Res \$67 / Non Res \$80 / Ages 18+

320919H1 Mon Aug 15-Sep 19 6-8pm

320919I1 Thu Aug 18-Sep 22 6-8pm

320919H2 Mon Sep 26-Oct 31 6-8pm

320919I2 Thu Sep 29- Nov 3 6-8pm

320919H3 Mon Nov 7 – Dec 12 6-8pm

320919I3 Thu Nov 10-Dec 15 6-8pm

HOLIDAY HOSTESS WALLPAPER BASKETS

Instructor: Janet Nixon – Location: CFG/CAC

Come make beautiful baskets from wall paper! This is a one time, make it take it class. Bring a small hammer and have some fun!

City Res \$12 / Non Res \$15 / Ages 14+

330984A1 Thu Oct 20 7pm-8:30pm

330984A2 Sat Oct 22 9:30-11am

PAINT4FUN

Instructor: Diane Ricketson – Location: CFG/CAC

Come paint a beautiful fall painting of three pumpkins on a 16x20 canvas in oils that clean up with water. All supplies are included to complete this one day workshop with step by step techniques on where to begin and how to complete a scene you will be proud to share. You will go home with a finished painting you can frame and enjoy or give as a gift. Bring a lunch for a 30 minute break.

City Res \$50 / Non Res \$60 / Ages 16+

330985A1 Sat Nov 12 9:30am-3:30pm



ATHLETICS

ADULT KICKBALL LEAGUE

Location: Ramblewood Athletic Complex

Reliving a kid's game...in an adult manner. This is a co-ed league, 15-26 players per team, must have at least 4 females playing the field at all times. 16 team max, registration deadline is Aug 5 or when league is full. \$160/team. Ages 16+ / Ramblewood

331020A1 Tue/Wed Aug 16-Oct 26 6-9pm

ADULT CORNHOLE LEAGUE

Location: National Guard Armory

Grab some friends and make a team for a weekly night of cornhole fun! This league has a maximum of 12 teams. The last week will include a tournament championship. If it rains we will play in the Armory gym. Registration deadline is Aug 19. \$45/team / Ages 18+

320110A1 Wed Aug 24-Sep 28 6-8pm

HARRISONBURG YOUTH CLEAT EXCHANGE

Kid's feet grow! Don't let your child's cleats go to waste after one season of use. Please consider donating your gently used athletic cleats to another child within the city. We will accept cleats for baseball, softball, football, and soccer. Pick-up dates will be on set predetermined dates. Donations can occur at anytime. Pick-up available to Harrisonburg city residents only. For additional details and upcoming pick-up dates, visit www.harrisonburgva.gov/cleat-exchange or contact Erik.

YOUTH FLAG FOOTBALL LEAGUE

Location: Purcell Park Football Field

Deadline for registration will be Aug 31. No physical forms required for this league. Practices may begin Sep 5 / Season starts Sep 21.

Age is as of Aug 1. 7 year olds have the option of remaining in the Flag League one additional year, however they will have some game restrictions to attempt to provide an even playing field for all. Contact Erik. Ages 5&6

No Fee Wed Sep 5-Oct 19 6&7pm

PEE WEE FOOTBALL LEAGUE

Location: Purcell Park Football Field

Deadline for registration will be Aug 31. Practice starts Aug 22 / Season starts Sep 13. Maximum weight is 125 lbs. to participate. Equipment handout will be Aug 15-19. Age is as of Aug 1. Contact Tommy. Ages 7-9

No Fee Tue&Thu Sep 13-Oct 27 6pm

JUNIOR FOOTBALL LEAGUE

Location: Purcell Park Football Field

Deadline for registration will be Aug 31. Practice starts Aug 22 / Season starts Sep 13. Maximum weight is 155 lbs. to participate. Equipment handout will be Aug 15-19. Age is as of Aug 1. Contact Tommy. Ages 10-12

No Fee Tue&Thu Sep 13-Oct 27 7pm

YOUTH FOOTBALL CHEERLEADING

Please call 540-433-9168 to register for football cheerleading. Ages correspond to those used in the youth football leagues. We are searching for an instructor for this program, if interested, contact Erik.

GIRLS BASKETBALL CLINIC

Come learn the fundamentals of basketball. This program will teach the basics of dribbling, shooting, passing, rebounding, defense, and court layout. Registration forms will be available Oct 1, and must be completed and returned by Oct 21. NO FEE. This program will not meet Nov 26. Contact Erik. Grades 1-2 / CFG/CAC

No Fee Sat Nov 5-Dec 10 9-10am

GIRLS PEE WEE LEAGUE BASKETBALL

Registration forms will be in the schools in Sep. Registration deadline will be Sept 9. Skills Evaluation and Draft for new players will be Sept 15. Practices begin Sept 22 / Games begin Oct 4 and end Nov 17.

Contact Tommy. Grades 3-5 / National Guard Armory

No Fee Tue&Thu Oct 4-Nov 17 6&7pm

BOYS BASKETBALL CLINIC

Come learn the fundamentals of basketball. This program will teach the basics of dribbling, shooting, passing, rebounding, defense, and court layout. Registration forms will be available Nov 1, must be completed & returned by Dec 16. Contact Erik. Grades 1-2/CFG/CAC

No Fee Sat Jan 7-Feb 4 9:30-10:30am
or 11am-12pm

BOYS PEE WEE LEAGUE BASKETBALL

Registration forms will be in the schools in Nov. Registration deadline will be Dec 2. Skills Evaluation and Draft for new players will be Dec 8. Practices begin Jan 5. Contact Tommy. Grades 3-5/ National Guard Armory

No Fee Tue&Thu Jan 5-Mar 9 6&7pm

BOYS JUNIOR LEAGUE BASKETBALL

Registration forms will be in the schools in Nov. Registration deadline will be Dec 2. Skills Evaluation and Draft for new players will be Dec 7. Practices begin Jan 11. Contact Tommy. Grades 6-8 / National Guard Armory

No Fee Wed Jan 11-Feb 22 6&7pm

INLINE AND DECK HOCKEY OPEN PLAY

The Willow St. Hockey Rink will remain open year-round. Come out and skate and bring your sticks. Skate at your own risk. The rink is located on Willow St. beside the National Guard Armory. Contact Tommy.

LOCAL NFL PUNT, PASS, & KICK COMPETITION

This is a skills competition in punting, passing, and kicking. Top qualifiers compete for a chance to attend the Washington Redskins Team Competition. No cleats or football shoes will be permitted. NO FEE. Age is as of Dec 31. This competition will be combined with Rockingham County Parks & Recreation. Check-in begins at 9am. For additional event information contact Erik.

Sat Aug 20 Ages 6-15 Purcell Park Football Field 10am



OUTDOOR

BIRDS OF THE 'BURG

Instructors: Kathy Byers/Ralph Grove

Location: Shelter 12 Hillandale Park

Come walk the park trails and learn about the amazing variety of birds found right here in our city parks! These monthly bird walks are family friendly and offer a wonderful opportunity to spend some quality time outdoors. Skills such as using binoculars, identifying bird songs and using field guides will be covered. Bring binoculars and field guides if you have them. Children (under 18) must be accompanied by a parent or legal guardian. This free activity is sponsored by the Sierra Club, with support from the Rockingham Bird Club and Virginia Master Naturalists. Ages 8+

Sat	Aug 6	8:30-10:30am	Sat	Sep 3	8:30-10:30am
Sat	Oct 1	8:30-10:30am			

HARRISONBURG BY BIKE

Location: Westover Park

This class is co-sponsored by the Shenandoah Bicycle Company. It will be led by League of American Bicyclists Cycling Instructors and will give cyclists the confidence they need to ride safely and legally in traffic and on the trail. The course covers bicycle safety checks and on-bike skills. Ages 14 & up. Students ages 14-17 must be accompanied by an adult who is taking the course. Students of all skill levels are welcome and will find the course beneficial. A bicycle in good working order and a bicycle helmet are required.

City Res \$15 / Non Res \$17 / Ages 14+

330701A4	Sat	Oct 15	9am-1pm
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FAMILY CAVE TRIP ADVENTURE

Instructor: Outdoor Adventure Experiences Staff – Location: CFG/CAC

For this half-day trip we will do a family friendly very beginner caving experience that would be appropriate for ages 5 to adult that are looking for an introductory trip. Experienced cavers would not be interested in this trip. You just need to wear grubby clothes for under your coveralls and some shoes with good traction and ankle support that you don't mind getting dirty. Pack a snack for after we cave, and some drinks in screw-top bottles.

City Res \$50 / Non Res \$55 / Ages 5+

331305A1	Sat	Oct 8	1-5pm
331305A2	Sun	Nov 6	1-5pm

BIG CAVE TRIP EXPERIENCE

Instructor: Outdoor Adventure Experiences Staff – Location: CFG/CAC

If you have never been in a big wild cave, then this trip is your chance! We will travel about an hour and explore one of the regions big and impressive caves. Coveralls, helmets, and lights are provided. You should wear grubby clothes for under your coveralls and some shoes with good traction and ankle support that you don't mind getting dirty. Pack a two part lunch: a little before and after we cave, and some drinks in screw-top bottles. This trip would be suitable for adults or older youth in above average physical condition, and that are comfortable in a cave environment.

City Res \$60 / Non Res \$65 / Ages 13+

331306A1	Sat	Oct 22	9am-5pm
331306A2	Sat	Nov 19	9am-5pm

FAMILY RAFT FLOAT TRIPS

Instructor: Outdoor Adventure Experiences Staff – Location: CFG/CAC

Bring the whole family for a fun-filled day of leisure rafting. During our journey we'll take plenty of time to relax and play in the water. Pack a lunch and drinks in plastic screw-top bottles. You don't want to miss this experience!

City Res \$35 / Non Res \$40 / Ages 5+

331312A1	Sat	Aug 20	noon-5pm
331312A2	Sun	Sep 18	1-6pm

INTRO TO RECREATIONAL KAYAKING

Instructor: Outdoor Adventure Experiences Staff – Location: CFG/CAC

Cool off this summer with a scenic float down a local river. Participants will be provided boats, paddles, life jackets, and dry bags to keep personal items in. A packed lunch, plastic screw-top water bottles, appropriate river clothing, and closed toe footwear are required.

City Res \$50 / Non Res \$55 / Ages 12+

331313A1	Sun	Aug 7	1-5pm
331313A2	Sun	Sep 4	1-5pm

RIVER TUBING

Instructor: Outdoor Adventure Experiences Staff – Location: CFG/CAC

Come out for a relaxing half-day float along the Shenandoah River. Let the current and your inner tube guide you down the river. Each participant will have a tube and a large tube will be brought for everyone to enjoy.

City Res \$45 / Non Res \$50 / Ages 8+

331303A1	Sat	Aug 6	12-5pm
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INTRO TO STAND-UP PADDLE BOARDING

Instructor: Outdoor Adventure Experiences Staff – Location: CFG/CAC

Originating in Hawaii, stand-up paddle boarding has been a long time surfing culture activity. Now it's your turn to try this quickly emerging global sport right here in the Valley. During this half day experience, we'll teach you the fundamentals to set you up for a great day on the river. We will provide boards, life-jackets and helmets. Closed toe footwear is required and makes sure you pack a lunch with plenty of water.

City Res \$50 / Non Res \$55 / Ages 12+

331311A2	Sun	Aug 21	1-6pm
331311A1	Sat	Sep 10	10am-3pm



DANCE PROGRAM SCHEDULE

Dance Program Coordinator/Instructor Cynthia Marafino with instructors Jimmy Marafino, Tara See-Rosenthal, Sarah Long and Jane Wyatt. Classes run 12 weeks – September 12th through December 10th. City residents \$75; non-residents \$90. \$10 discount for multiple classes/siblings.

No classes November 21st through 26th (Thanksgiving break)

Please refer to <https://www.harrisonburgva.gov/dance> for additional information on class descriptions, dance policies and more.

ACTIVITY#	CLASS	AGE	TIME	MIN/MAX	INSTRUCTOR
MONDAY – SEPTEMBER 12 – DECEMBER 5					
510302A1	Discover Dance II	4½-5½	4:15-4:50pm	3/15	Cynthia
510303A1	Intro to Dance (some tap)	5½-6½	5:00-5:45pm	3/17	Cynthia
510318A1	Musical Stage	9-18	5:45-6:30pm	3/17	Cynthia
510319A1	Modern / Lyrical (dance exp. helpful)	10-18	6:30-7:15pm	3/17	Tara
520332A1	Adult Ballet II (fun & exercise)	18+	7:15-8:00pm	3/17	Jimmy
520330A1	Adult Tap (fun & exercise)	18+	8:00-8:45pm	3/17	Jimmy
TUESDAY – SEPTEMBER 13 – DECEMBER 6					
510301A1	Discover Dance I	3½-4½	4:00-4:35pm	3/12	Cynthia/Jane
510302A2	Discover Dance II	4½-5½	4:45-5:20pm	3/15	Cynthia
510320A1	Advanced Jazz I/II (some hip-hop)	11-14	5:30-6:15pm	3/17	Jimmy
510317A1	*Blue Crew Dance Company (Permission of directors)		6:15-7:15pm		Cynthia/Jimmy
510321A1	Advanced Jazz III (some hip-hop) (Permission of instructor)		7:15-8:00pm	3/17	Jimmy
WEDNESDAY – SEPTEMBER 14 – DECEMBER 7					
510301A2	Discover Dance I	3½-4½	4:15-4:50pm	3/12	Cynthia/Jane
510302A3	Discover Dance II	4½-5½	5:00-5:35pm	3/15	Jane
510322A1	Advanced Ballet I/II	10-14	5:45-6:30pm	3/17	Cynthia/Jimmy
510323A1	Inter. Irish & Beg. Hard Shoe(some hip-hop)	9-13	6:30-7:15pm	3/17	Cynthia
520331A1	Adult Ballet I	18+	7:15-8:00pm	3/17	Jimmy
THURSDAY – SEPTEMBER 15 – DECEMBER 8					
510304A1	Beginning Ballet/Tap I	6-7	4:15-5:00pm	3/17	Cynthia/Jimmy
510307A1	Ballet/Tap II/III	7-8	5:15-6:00pm	3/17	Cynthia/Jimmy
510309A1	Advanced/Intermediate Ballet	8-10	6:00-6:45pm	3/17	Cynthia
510324A1	Advanced Ballet III Pointe (Permission of instructor)		6:45-7:45pm	3/17	Cynthia
510316A1	Adv. Irish Step (involves hard shoe)(Permission of instructor)		7:45-8:30pm	3/17	Cynthia
FRIDAY – SEPTEMBER 16 – DECEMBER 9					
510311A1	Beginning Jazz I (some hip-hop)	6-8	4:15-5:00pm	3/17	Sarah
510314A1	Jazz II & Intermediate Jazz (some hip-hop)	8-10	5:00-5:45pm	3/17	Sarah
SATURDAY – SEPTEMBER 17 – DECEMBER 10					
510301A3	Discover Dance I	3½-4½	10:30-11:05am	3/12	Cynthia
510303A2	Introduction to Dance (involves some tap)	5-6	11:15-12:00noon	3/17	Cynthia
510304A2	Beginning Ballet/Tap (overfill)	6-7	12noon-12:45pm	3/17	Cynthia

*Blue Crew Dance is the Recreation Center’s Youth Dance Company. It is reserved for those who take classes both in the fall and spring semesters. Students must be enrolled in at least one dance class per week at the recreation center, one of which must be in jazz or ballet (musical stage, tap, lyrical and Irish will not fulfill this requirement) must meet Advanced skill requirements and other requirements set forth by the directors and have the permission of directors. Opportunities to perform at different venues may come about. Like us on Facebook!

50 & WISER

Provides recreation and social opportunities for those baby boomer age and beyond! Contact: Lynn Hoy - lynnt@harrisonburgva.gov

You will notice that some of our programs are now moving up to the Price Rotary Senior Center. This great facility now has some spare time available to us to program. We are going to use the space for some fun new programs and we want to make it a great place to come and enjoy meeting other active 50+ citizens. It is located in Westover Park behind the CFG/CAC at 305 South Dogwood Drive. Please let us know what activities you would enjoy and would like to see offered!

CARDIO & STRENGTH

Instructor: Warren Stimpson - Location: CFG/CAC
Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed and all fitness levels welcome. City Res \$36 / Non-Res \$43 / Ages 50+

340500A1	Tue/Thu	Aug 16-Sep 22	5:30-6:15pm
340500A2	Tue/Thu	Oct 4-Nov 10	5:30-6:15pm
340500A3	Tue/Thu	Nov15-Dec 27	5:30-6:15pm

ZUMBA GOLD

Instructor: Margaret "Muff" Perry - Location: CFG/CAC
This Zumba Gold class is especially designed for active older adults, especially those who want a lower impact class. This class uses more instruction and verbal cues as well as slower music. Improve your fitness level with this great Latin and internationally inspired dance fitness workout. Join the party!

City Res \$19 / Non-Res \$24 / Ages 50+

340502A1	Tue	Sep 6-27	6:30-7:30pm
340502A2	Tue	Nov 1-22	6:30-7:30pm

50 & WISER YOGA MULTI-LEVEL 1 & 2

Instructor: Patricia Kearney - Location: CFG/CAC
Yoga is a happy medium for those who need balance strength, flexibility and relaxation. Beginners and intermediate students welcome, modifications will be provided.

City Res \$31 / Non-Res \$37 / Ages 50+

340525A1	Mon	Aug 22-Oct 3	5:30-6:30pm
340525A2	Wed	Aug 24-Sep 28	5:30-6:30pm
340525A3	Mon	Oct 10-Nov 14	5:30-6:30pm
340525A4	Wed	Oct 5-Nov 9	5:30-6:30pm
340525A5	Mon	Nov 21-Dec 26	5:30-6:30pm
340525A6	Wed	Nov 16-Dec 21	5:30-6:30pm

EXTRA GENTLE YOGA

Instructor: Patricia Kearney - Location: CFG/CAC
Participation in yoga benefits stress reduction, muscular endurance, flexibility and balance. In this class seated poses can be done using chairs or sitting on the floor, and standing poses are done with additional support for balance. Participants can choose a fully chair-based approach to the class, or combine standing, chair and floor poses according to their needs. The instructor has experience in teaching gentle and chair-based yoga classes, and is certified in Integrative Yoga Therapy.

City Res \$31 / Non-Res \$37 / Ages 50+

340526A1	Thu	Aug 25-Sep 29	6-7pm
340526A2	Thu	Oct 6-Nov 10	6-7pm
340526A3	Thu	Nov 17-Dec 29	6-7pm

SILVER SNEAKERS

Let's get moving, join fellow 50 years + walkers at Purcell Park. We will meet at Kids Castle and walk for about an hour or until you get tired. The program will be weather permitting and it is a drop in program so join the fun and meet new friends. FREE and all levels and ages are welcome! **Starting in November, we will meet from 9-10am and will continue walking through the winter.**

Mon/Wed/Fri	Aug 1-Oct 31	8:30-9:30am
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BROWN BAG LUNCH

Pack your lunch and come to the Price Rotary LOUNGE at the Senior Center. We will eat our lunches and have a topic of discussion afterwards. The topics will be fun and informative ideas like making jewelry, couponing, making different oils and vinegars and guest speakers. I will provide the drink; you just need to pack your lunch. Elizabeth Barrett will be discussing Herb Vinegars on August 18. This is a free program, however, registration would be appreciated. You can call 433-9168 to find out the subject each month.

Thu	Aug 18, Sep 15, Oct 13, Nov 17	11:30-1:30pm
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LUNCH BUNCH

Looking for a good excuse to get out of the house? Looking for a place to meet friends, old and new? The Lunch Bunch meets on selected Thursdays at different restaurant each month. Check your calendar and join us! Please register by the Monday that week, so we can let the restaurants know we are coming. We will try to eat outside, weather permitting. All lunches from 11:30am-1pm. Fee: Order off menu.

Thu	Aug 4	Agrodolce Italian Restaurant-1647 E Market St
Thu	Sep 22	Jalapeno Southwest Grill-1039 Port Republic Rd.
Thu	Oct 20	Log Cabin Bbq-11672 Spotswood Trail Elkton
Thu	Dec 8	Cross Keys Vineyard-6011 E. TimberRidge Rd.

50+ SOCIAL CLUB

We know that there are a lot of 50 years and older people looking for something to do in the evenings. Like me, a lot of us are still working until 5:00pm but would like something fun to do when we get off work. Let's get together and go to a movie, ball game, dinner, play cards/games, etc. Please contact me (lynnt@harrisonburgva.gov or (540)433-9168) and get put on a list and keep you notified of what fun stuff we have planned. Meet us on Wednesday, August 3 at Ruby's Arcade Wood Fired Pizza and BBQ. Duck Pin Bowling, Billiards, Darts, Foosball, Shuffleboard. Ruby's is located at 100B, 165 S Main St, Harrisonburg. We can meet at 5pm and partake in the happy hour specials and then we can play some games and have some fun. Check them out online. It's a lot of FUN.



BEGINNING CROCHET

Instructor: Meki Shifflett - Location: CFG/CAC

This class is for beginners and for those who have not crocheted for a while. You will learn the basic stitches and end up with a beautiful scarf. A supply list will be handed out at the first class (approximate cost: \$8.00). **November class meets at Price Rotary Senior Center.**

City Res \$30 / Non-Res \$36 / Ages 50+

340571A1 Tue Sep 6-27 1-3pm
340571A2 Tue Nov 1-22 1-3pm

BEGINNING KNITTING

Instructor: Marilyn Jarrells - Location: Price Rotary Senior Center

This class is for beginners. You will learn the basic stitches and end up with an infinity scarf. A supply list will be handed out at the first class (approximate cost: \$10).

City Res \$30 / Non-Res \$36 / Ages 50+

340572A1 Tue Oct 4-25 1-3pm

BENNY'S BLANKETS

Location: Price Rotary Senior Center

This is a social group for 50+ who like to knit and crochet. Items are donated to area nursing homes, hospitals, and other service organizations. Drop in and join the group! We do a lot more than just crochet!!!! If anyone has any yarn to donate to the program, Benny's Blankets would love to have it. Please call 433-9168 or drop it by the CFG/CAC Administrative Office.

Free Tue/Thu Aug 2-Ongoing 9-11am

P.Y.O.C.(PAINT YOUR OWN CANVAS) ART CLASS

Instructor: Suzanne Soliday - Location: Price Rotary Senior Center

It's time to unleash the artist within! Light-hearted painting lessons are given in a step-by-step presentation to help you create and walk away with your own masterpiece. The August selection is "Paint Your Own Pet's Portrait". This session is for 3 hours and you must email your pet's portrait to Suzanne.soliday@Suzannes-studio.net by Friday, August 12. She will sketch each pet thus making the class a little more expensive. The September selection is "Vintage Rustic Milk Can & Pumpkins" and the November selection is "It's Snow Fun to Paint (Snowman)". Class fee includes all materials needed. **August class meets at CFG/CAC.**

City Res \$45 / No-Res \$49 / Ages 50+

340900A1 Wed Aug 24 11:30-2:30pm

City Res \$35 / No-Res \$38 / Ages 50+

340900A2 Thu Sep 22 1-3:30pm

340900A3 Tue Nov 29 1-3:30pm



BOOK CLUB

Location: Price Rotary Senior Center

This "new" book club is about the enjoyment of reading, whether you are an occasional or avid reader. Books are chosen by the members of the club. No one in this book club should feel obligated to read EVERY book, EVERY month. You do not have to read any or all the books to attend or enjoy the conversation. Please join us to laugh, share wisdom, gain insight and make new friends. We will meet close to the first Monday of each month. For those who are still working, we will also meet about the same book on the same dates at 7:00pm at the CFG/CAC. The book we will be discussing on August 1 will be One Summer by David Baldacci. Registration appreciated.

Free Mon Aug 1,29/Oct 3/Nov 14 3&7pm

WEDNESDAY AFTERNOON GAMES

Location: Price Rotary Senior Center

Come join the fun. We already have a table of pinocle playing and we are looking to add poker, dominoes, corn hole bean bag toss and canasta. If you are interested in joining the group at our new GREAT LOCATION, come join us. We have a great space and can have a great afternoon of FUN.

Free Wed Aug 3-ongoing 1-3pm

PICKLEBALL

Coordinator: Lynn Hoy - Location: CFG/CAC

Meet your friends for a rousing Pickleball game or three. Play will start again in September in our gym. We furnish all equipment. Besides Thursday afternoons, call for Friday evening availability from 5:30-8:45pm. Call 433-2474. All ages.

Free Thu Sep 8-ongoing noon-3pm

OUTDOOR PICKLEBALL

Meet your friends at Morrison Park tennis courts for reserved court time. Courts will be reserved. For questions call, 433-2474 or contact harrisonburgpickleball.com@mail100.atl91.mcsv.net

Free Mon/Thu 5-8pm

THURSDAY AFTERNOON BOWLING

Location: Valley Lanes

Enjoy bowling in a relaxed atmosphere where fun is the name of the game. Experienced or non-experienced bowlers are welcome. Bowl for 16 weeks, with a party on the 17th week where prizes are awarded for a number of categories. \$9 per person includes 3 games, shoes and ball. No registration necessary. Next sign up for teams Sep 1. All Participants \$9 / Ages 50+ / Thu / 1 - 3pm

BISCUITS & BINGO

Join us the last Wed of each month at the Harrisonburg Chick-Fil-A. Participants receive a free drink with purchase and play bingo for prizes and fun. No purchase or registration necessary to play. **FREE** Ages 50+ Wed Aug 31-Nov30 9-10am



@hburgparks

COMMUNITY CENTER INFORMATION

**Cecil F. Gilkerson
Community Activities Center**
305 S. Dogwood Drive
540-433-2474
www.harrisonburgva.gov/community-activities-center

HOURS OF OPERATION

Mon-Fri 6am-9pm
Sat 9am-5pm
Sun 1pm-6pm
Daily Gym schedule available online

RACQUETBALL/WALLYBALL

Adult \$2/person/hour
Youth \$1/person/hour
Wallyball \$10/court/hour

RACQUETBALL CARD

CFG/CAC members may purchase Racquetball Cards for convenience. Fourteen plays per card. Adult card: \$24

RACQUETBALL COURTS

Come check out our racquetball courts. Current annual pass holders may reserve courts up to 7 days in advance by calling 433-2474.

EXERCISE ROOM

Get in shape with a full body workout in our Exercise Room. We feature five TRUE treadmills, four OCTANE ellipticals, two TRUE recumbent bicycles, and a variety of CYBEX and HOIST strength equipment. Access to the Exercise Room is limited to adults and pre-approved youth only.

EARLY BIRD

RECREATION/FITNESS

Get out of bed early for some fast paced action. The gym is available for full court basketball on Tues/Thur.

Racquetball courts are available on a first come, first serve basis. Get your work out in before work in our Exercise Room.

Showers are available, but you need to bring your own supplies.
Mon-Fri 6-9am
Annual Pass or Guest Fee

FEE SCHEDULE

Local residents ages 12 and over may enjoy the facilities of the Cecil F. Gilkerson Community Activities Center & the Lucy F. Simms Continuing Education Center by purchasing an annual ID pass. Passes are available to City Residents and Non-Residents. The pass will serve as general admission to both Centers, and allow pass holders to make Racquetball court reservations in advance.

ANNUAL PASS

City Resident Adult	\$30
Non-Resident Adult	\$60
City Resident Senior (55 and over)	\$15
Non-Resident Senior (55 and over)	\$30
City Resident Teen (12-17 years)	\$5
Non-Resident Teen (12-17 years)	\$15
Youth Daily Guest Fee	\$2
Adult Daily Guest Fee*	\$3

* Must show photo identification to enter.

ROOM RENTALS

Are you planning an event? Our Recreation Centers have many options if you're looking for space. We'd be happy to accommodate your next birthday party, baby shower, business meeting, conference, or workshop. *See community center websites for room layout options & fees specific to each building.*

FULL COURT BASKETBALL

Pick-up games are run so come to the Gym and bring a friend. High School age through adults.
Annual Pass or Guest Fee Required.

Mon	6:30-9pm	Simms
Tue	11am-1pm	Simms
Tue	6-8:45pm	CFG/CAC
Wed	6:30-9pm	Simms
Thu	11am-1pm	Simms

OPEN GYM

Our gymnasium will be open for families and individuals to participate in open gym activities. No full court basketball or volleyball will be held during this time.
Annual Pass or Guest Fee Required.
Call 433-2474 to check on daily availability.

**Lucy F. Simms Continuing
Education Center**
620 Simms Avenue
540-437-9213

www.harrisonburgva.gov/simms-center

CENTER OFFICE HOURS

8am-5pm Monday-Friday

COMPUTER LAB HOURS (Free)

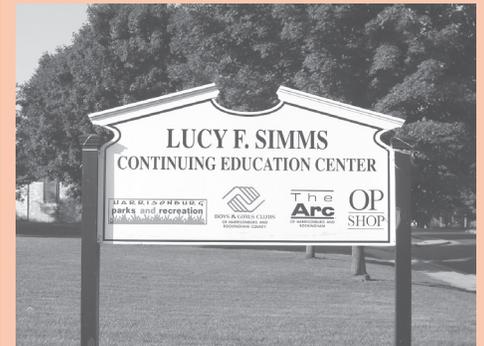
Monday-Friday
8:30am-11:30am - 2:00pm-5:00pm
Monday & Wednesday
6:30pm-9:00pm

FITNESS ROOM HOURS

(Annual Pass or Guest Fee)
8:00am-12pm Mon/Wed
6:30pm-9pm Mon/Wed
7:30am-2pm Tue/Thur

WALKING PROGRAM

One of the easiest and best ways to lose or maintain weight is by simply walking. This is a self guided walking program that you can do with a friend or family member. Walk the trail in Ralph Sampson Park, the trail is .5 miles (2 laps = 1 mile) long or create your own throughout the neighborhood.



CO-ED VOLLEYBALL

Join us for pick-up games of volleyball in the C.A.C. Gym every Monday and Wednesday night. Children under High School age must be accompanied on the court by a parent.
Mon/Wed 6-8:45pm

PARK & SHELTER INFORMATION

Grills are provided as well as trash receptacles. Park restrooms are available for use April 15 – October 31 (except Riven Rock which opens May 15 – Oct 31). Water fountains and electricity are available at various shelters. During the off-season, water and electricity are shut off to protect pipes from freezing and conserve electricity. Restrooms are not available during the off-season. (Portable toilets may be available in some parks.)

- If you see any problems, please report them to the Recreation Department on the next working day if possible.
- Shelters are booked on a first come-first served basis. Once a reservation is made, no switching of dates, parks, or shelters is allowed. There are also **NO REFUNDS ON ANY SHELTER RESERVATIONS**. To avoid any reservation mix-ups, please keep your receipt and take it with you on the day of your picnic.
- No inflatable bounce houses.
- No alcoholic beverages or illegal drugs of any kind are allowed on park property.
- Please do not remove or move picnic tables.
- All dogs must be on a leash at all times (city code 15-2-2 leash law) and are not allowed on athletic fields.
- Picnickers must furnish charcoal for use in grills.
- No open fires allowed without permission. All fires must be out before leaving park.
- City parks cannot be used for fund raising, political, religious or private gain.
 - *Shelter reservations and organized meetings associated with religious, political or private groups with the intent of soliciting, recruiting or attracting volunteers, individuals or outside agencies, solicitation of money, distribution of literature or requests for donations, or use for private gain, are prohibited.
- Anyone wishing to enter Westover or Hillandale Parks before the park is open will be charged a fee of \$20.
- No loud music or public address systems. Please be respectful of park neighbors and residential areas.
- Lights in the shelters, which are on timers, are only intended to provide minimal light and are not guaranteed.
- Caution should be used not to overload electrical outlets; you may trip electrical breakers, shutting off all power to your shelter.

SHELTER RESERVATIONS

Fees

WEEKDAY RESERVATIONS

Monday-Friday reservations:

\$10 City Residents

\$15 Non-Residents

WEEKEND RESERVATIONS

Saturday & Sunday reservations:

\$25 City Residents

\$40 Non-Residents

Dates

The season runs:

April 15–October 31 for all city parks

May 15–October 31 for Riven Rock Park

Shelters can be reserved in advance by telephone with credit card or in person by check, cash or credit card.

**Administrative Office : (540)433-9168
8am-5pm, Monday-Friday.**

The following parks have shelters available for rental:

Westover Park	Purcell Park
Morrison Park	Hillandale Park
Riven Rock Park	Ralph Sampson Park
A Dream Come True Playground	

*Para mas informacion acerca de las Casitas.
Por favor vaya ala web o en la oficina.*

<http://www.harrisonburgva.gov/shelters>

A DREAM COME TRUE PLAYGROUND

8am to dusk

The pavilion is available for half day reservations from 11am-2pm and 3pm-6pm. Weekday reservation rates for half days are \$25 for City Residents and \$35 for Non-Residents. Saturday, Sunday and Holiday reservation rates for half days are \$40 for City Residents and \$50 for Non-Residents. (Pavilion does not have electricity, lighting or grills, NO OUTSIDE GRILLS ALLOWED) Restrooms are not available during the offseason.

Harrisonburg Parks & Recreation Staff Directory

Luanne Santangelo, **Director**

David Wigginton, **Assistant Director**

Administrative Office: (540)433-9168

Lynn Turner Hoy, Senior Program Coordinator

Matt Little, Special Events Coordinator

Athletics: (540)433-9168

Erik Dart, Athletic Program Supervisor

Tommy Thomas, Athletic Program Supervisor

Heritage Oaks Golf Course: (540)442-6502

David Johns, Professional

Kelly Adams, Golf Shop Manager

Cecil F. Gilkerson Community Activities Center: (540)433-2474

Ed Steele, Manager

Bill Rule, Supervisor

Scott Erickson, Recreation Specialist

Tucker Thigpen, Recreation Specialist

Ashley Tobe, Recreation Specialist

Stephanie Walker, Recreation Specialist

Lucy F. Simms Continuing Education Center: (540)437-9213

Stephanie Howard, Supervisor

Cory Jeffries, Recreation Specialist

Westover Swimming Pool: (540)434-0571

Kristin Lam, Aquatics Manager

AJ Morris, Pool Supervisor

The First Tee of Harrisonburg

To impact the lives of young people by providing educational programs that build character, instill life-enhancing values, and promote healthy choices through the game of golf.

Summer/Fall Schedule

Little Legends

Ages 5 & 6

Summer Session 4

August 8 – 12 9:00am-10:00am

Fall Session 1

Mondays Sept. 12 – Oct. 10 4:00pm – 5:00pm

Fall Session 2

Tues. & Thurs. Oct. 18 – Nov. 3 4:00pm-5:00pm

Par

Ages 9 and above and have passed the PLAYer test

Summer Session 2

July 26, 28, Aug. 2, 4, 9, 11 1:30pm-3:00pm

Summer Session 3

Aug. 1, 3, 8, 10, 15, 17 11:00am-12:30pm

Fall Session 1

Wednesdays Sept. 7 – Oct. 12 4:00pm – 5:30pm

Eagle

Ages 13 and above and have passed the Birdie test

Call for Availability

PLAYer

Ages 7 and above who have never taken a The First Tee class

Summer Session 3

July 26, 28, Aug. 2, 4, 9, 11 11:00am-12:30pm

Summer Session 4

July 25, 27, Aug. 1, 3, 8, 10 5:30pm-7:00pm

Summer Session 5

July 26, 28, Aug. 2, 4, 9, 11 4:00pm-5:30pm

Fall Session 1

Tuesdays Sept. 6 – Oct. 11 4:00pm – 5:30pm

Fall Session 2

Mon. & Wed. Oct. 24 – Nov. 9 4:00pm – 5:30pm

Birdie

Ages 11 and above and have passed the Par test

Fall Session 1

Thursdays Sept. 8 – Oct. 13 4:00pm – 5:30pm

Prices

Little Legends

\$40 per Session

PLAYer, Par, Birdie, and Eagle

\$65 per Session

Scholarships are available. Please call or email for more information.

Girls Only Class: Oct. 19, 21, 28, and Nov. 4 4:00pm-5:30pm (\$40)



Contact Information

The First Tee of Harrisonburg

690 Garbers Church Road

Harrisonburg, VA 22801

(540)437-4239

thefirstteeharrisonburgva@gmail.com

www.thefirstteeharrisonburg.org

680 Garbers Church Road
Harrisonburg, VA 22801
540-442-6502
Summer Pro Shop Hours:
7am-7pm



Heritage Oaks

G O L F C O U R S E

www.heritageoaksgolf.com



Upcoming Events

August 6	Wal-Mart-Children's Miracle Network Tournament
August 13	Monger 2-Player Championship
September 9	Chamber of Commerce
October 1	West Rockingham Ruritans

Equipment & Apparel

Heritage Oaks has a full selection of golf equipment and apparel for Men & Women. Get fitted for your clubs with our Pro, Dave Johns, to make the most of your golf game. Clubs that fit have a big impact on your game. Always go to Heritage Oaks before you go anywhere else for your golf gear. Don't see what you are looking for? We can order it just for you.

Be in the Know

Lots of ways to "Be in the Know"! Sign up for our newsletter, The Heritage Oaks Herald, which is emailed the last Monday of each month. Follow us on social media (Facebook, Twitter, Instagram, and Google+) to keep up with the daily goings on.

Triple B Café

Where EVERYONE is Welcome!
Dine-in, Carry-out, Catering & Custom Bakery
For more information and menu visit our website
<http://www.heritageoaksgolf.com/19th-hole-restaurant/>

TRIPLE B CAFÉ
FOOD
Where
Everyone
is
Welcome!
You'll
Enjoy
540-849-9367

Daily Play

Play the friendliest golf course in the Valley! In addition to our regular daily rates we offer special rates for Senior's and Junior's.

	<i>Mon-Thur</i>	<i>Fri-Sun & Holidays</i>
18 Holes	\$27	\$31
9 Holes	\$17	\$19
Twilight	\$17	\$19
Cart – 18 holes	\$17	\$17
Cart – 9 holes	\$10	\$10

(All rates shown are per golfer.)

2017 Season Passes will be available beginning November 15, 2016. Sign up by December 15th and be rewarded.

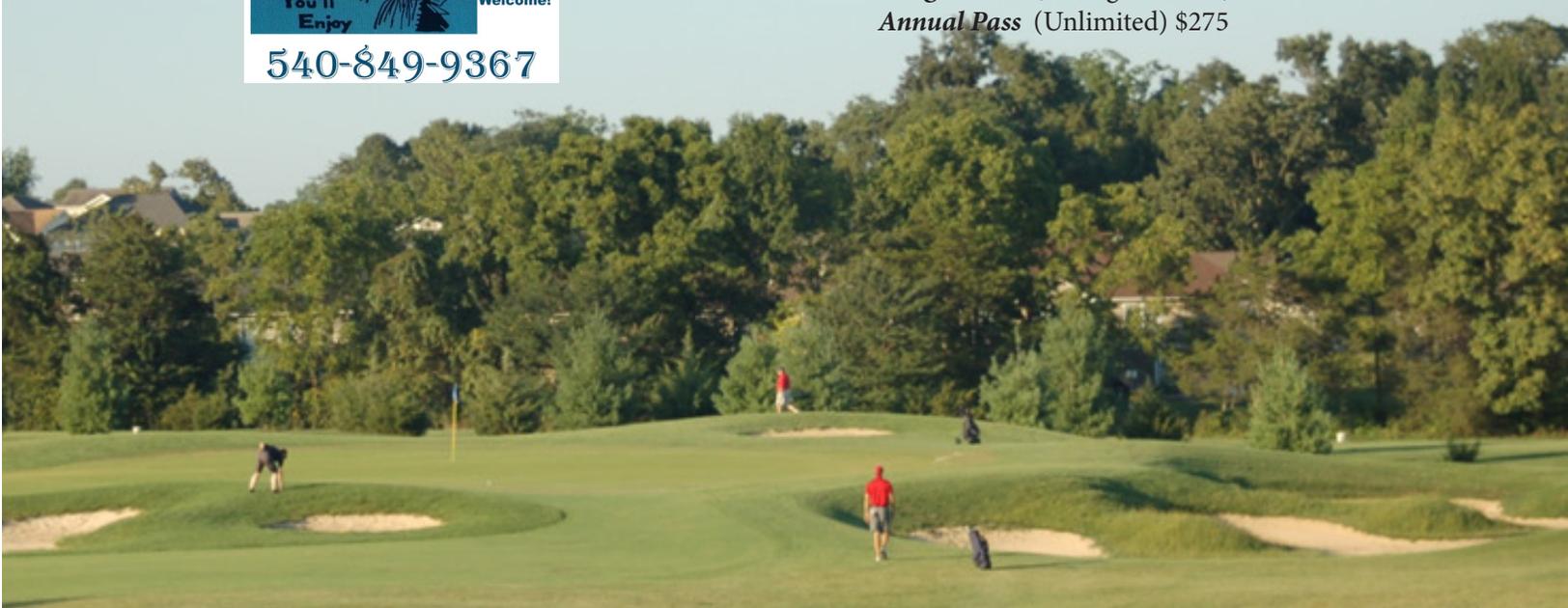
Learn to Play Golf (better)!

Golf season is here, time to learn this great game, or just knock the rust off. PGA Professional David Johns, can show you the way to the best swing for you. Dave's philosophy is to tweak your swing to work better for you, not to create a cookie cutter swing pattern for everyone. Dave recognizes each golfer is unique, and so is his approach to instruction. Call the Pro-Shop today to schedule your lesson. Private, semi-private, and group lessons available. Details and instruction package information available at www.heritageoaksgolf.com/instruction.

Practice Facilities

You have had your lesson, now it is time to practice. Visit the range and our practice green. You can buy tokens for the range, a range card, or an annual pass to the range.

- Large Bucket** (2 tokens) \$6
- Small Bucket** (1 token) \$4
- Range Card** (10 large buckets) \$40
- Annual Pass** (Unlimited) \$275



POSTAL PATRON

COMMUNITY EVENTS

Bluestone Trail
Family Fun Ride



Sunday, October 16 @ 7pm
Purcell Park
Glowsticks Provided

MONSTER MASH DASH KIDS RUN
Saturday, October 22 - 3PM
Smithland Road Soccer Complex



Ages 5-12 = 1 Mile Run
Ages 4 & Under = 100 Yard Dash

Kids encouraged to wear costumes to run!
Costume Contest, Prizes, T-Shirts, & More
\$10/child; Pre-registration required; Limited Spots

More info
www.harrisonburgva.gov/monster-dash

YOUTH TRYATHLON



Saturday, August 13, 2016

Deadline to register is August 5.
Pre-Registration required.
\$30 per child
Ages 5-17

A fun non-competitive introduction to triathlons.
Information available online
www.harrisonburgva.gov/youth-tryathlon

SEPTEMBER 24, 2016
NOON-6PM
HILLANDALE PARK



HARRISONBURG'S ANNUAL
INTERNATIONAL FESTIVAL